

# Kale Chips (CNPP)

**Cook time:** 25 minutes

**Makes:** 4 Servings

Not a fan of kale? These crispy baked kale chips will convert you! For the best results, don't overcrowd the pans.

## Ingredients

**16 cups** kale (tough stems removed, leaves torn into pieces)

**1 tablespoon** extra-virgin olive oil

**1/4 teaspoon** salt


## Directions

1. Position racks in upper third and center of oven,

### Nutrition Information

| Nutrients                   | Amount     |
|-----------------------------|------------|
| <b>Calories</b>             | <b>110</b> |
| Total Fat                   | 5 g        |
| Saturated Fat               | 1 g        |
| Cholesterol                 | 0 mg       |
| Sodium                      | 219 mg     |
| Total Carbohydrate          | 16 g       |
| Dietary Fiber               | 6 g        |
| Total Sugars                | 0 g        |
| Added Sugars included       | 0 g        |
| <b>Protein</b>              | <b>5 g</b> |
| Vitamin D                   | 0 mcg      |
| Calcium                     | 402 mg     |
| Iron                        | 4 mg       |
| Potassium                   | 642 mg     |
| N/A - data is not available |            |

### MyPlate Food Groups

|  |        |
|--|--------|
|  Vegetables | 2 cups |
|--|--------|

preheat to 400°F.

2. If kale is wet, very thoroughly pat dry with a clean kitchen towel, transfer to a large bowl. Drizzle the kale with oil, and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill two large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

## Notes

**Make Ahead Tip:** Store in an airtight container at room temperature for up to 2 days.

**Source:** A First Lady's Favorite from Eating Well